



The Holy Spirit led Jesus into the desert, so that the devil could test him.

After Jesus had gone without eating for forty days and nights, he was very hungry. Then the devil came to him and said, “If you are God’s Son, tell these stones to turn into bread.” Jesus answered, “The Scriptures say: ‘No one can live only on food. People need every word that God has spoken.’”

Next, the devil took Jesus to the holy city and had him stand on the highest part of the temple. The devil said, “If you are God’s Son, jump off. The Scriptures say: ‘God will give his angels orders about you. They will catch you in their arms, and you won’t hurt your feet on the stones.’” Jesus answered, “The Scriptures also say, ‘Don’t try to test the Lord your God!’”

Finally, the devil took Jesus up on a very high mountain and showed him all the kingdoms on earth and their power. The devil said to him, “I will give all this to you, if you will bow down and worship me.” Jesus answered, “Go away Satan! The Scriptures say: ‘Worship the Lord your God and serve only him.’” Then the devil left Jesus, and angels came to help him. Matthew 4:1-11



Something to do...

Watch the ‘squirrel’ scene from 2005 re-make of *Charlie and the Chocolate Factory*. How might our determination to get whatever we want get us into trouble? How might fasting help us?

WHAT'S ON THIS WEEK?

FRIDAY is CAFOD FAST DAY. There will be a restricted menu in the dining rooms today, in solidarity with communities around the world who go hungry every day.



FRIDAY is also non-uniform day.

Please bring in £1.50 to wear non-uniform and £2 if you are wearing make-up. All funds will go to CAFOD. Remember that appropriate clothes must be worn.



Something to think about...

We are bombarded every day by adverts and TV programmes which promise to make us prettier, more successful, better at this or that... Often this media makes other people very rich because we buy their products or services, while we become more and more unhappy because they haven't produced the results we want! This is a modern-day version of what happens to Jesus in this week's Gospel; the devil promises him everything that he could possibly want, yet Jesus could see what the devil was trying to do and stayed strong enough to say 'no'! This season of Lent is a chance for us to focus on what really matters - by fasting from (giving up) the noisy distractions of social media for a short time in Lent we will hopefully be able to see our lives through clearer eyes, minds, and hearts, so that we can see where God is at work within us. As Christians we are called to live our lives in the way God wants us to, and not be distracted by what the world tries to trick us with. This is a very difficult, life-long challenge, but, just like with Jesus in the Gospel, God sends us help for the journey!

Something to talk about...

- Roughly how much time do you spend on social media in the average day?
- What percentage of positivity do you see online? What percentage of negativity?
- What temptations do you come across online? How do you deal with them?



PLEASE VISIT www.millionminutes.org/silent/ to find out about SiLENT

Prayer for the week...

Like last year we are going siLENT for Million Minutes! Use your prayer time to be still and silent, using the daily form time reflection.

